
Praise for Jen

“Jen, you surprised me and impressed me. So well done! I applaud you for what you’re doing. You’re making a difference and helping women everywhere.”

—Dr. Joe Vitale, *New York Times* bestselling author and star of the hit movie *The Secret*

“Thank you Jen. I love you. You’re a soul sister.”

—Janet Bray Attwood, *New York Times* bestselling author of *The Passion Test*

“I know who to call if I get stuck. Because every now and then you need a refresher to remind you of what you know. If I need to remember, I’m gonna call the Queen of Manifestation.”

—Rickie Byars Beckwith, world-renowned singer and musical director of Agape International Choir



MANIFESTING *Made Easy*

How to Harness the Law of Attraction
to Get What You Really Want

JEN MAZER

Dedication

This book is dedicated to all of the dreamers.
And to my little dreamer, Nailah.

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Join the Manifestation Movement

You are a part of a movement of people manifesting their ideal lives with greater ease than ever before. And in order to help you stay in a positive mindset while you manifest, I've created a global community online at www.facebook.com/manifestingmadeeasy. It's a place to connect with other like-minded people who are going for their dreams. And it's completely free to join.

I've also compiled extra resources, meditations, and free bonuses to enhance your manifestation journey on my website at www.queenofmanifestation.com.

Stay connected and #manifestit.

Share your success stories and tag me @jenmazer with the hashtag #manifestingmadeeasy on social media.

And now, enjoy the ride.

Foreword

When it comes to manifesting what you want, why are so many people confused? Why do so many people feel frustrated? Why do so many not get the results they want?

In my decades of writing and speaking about how to create your life the way you prefer, I notice that people have an incomplete understanding of the manifestation process.

Many think you just “sit and think” your desires into reality. Others think all you have to do is “wait around” for your manifestation to materialize. And still others don’t believe any of this “mind stuff” actually works.

What’s the truth?

What does work?

How can you really and truly manifest your heart’s desires?

I’m happy to report that you can find the answers in *Manifesting Made Easy*. I’ve read it and love it. It simplifies the process of manifestation so anybody can get it and do it. I finally have a resource I can send people to when they ask me about manifestation—and that resource is this book.

I personally know Jen. She interviewed me twice for her manifestation series. She’s smart, upbeat, open minded, and on a mission to help people—to help you. I’m honored that she asked me to write this foreword and even more excited for you—because you can finally understand how to manifest whatever you want, beginning with the turn of a page.

Expect miracles.

Dr. Joe Vitale, bestselling author of *The Awakened Millionaire*
www.MrFire.com

Introduction

“The biggest adventure you can take is to live the life of your dreams.”

*Oprah, talk show host, philanthropist,
and founder of the OWN Network*

Congratulations! You're about to experience a new level of ease and awareness in your life. This book will change the way you show up in the world, and how the world shows up for you.

Welcome to a new way of being. Take a moment and imagine right now that you had unlimited resources. You could do, have, experience, and become anything that your heart desires. What if you were in the flow, being completely supported and guided by the universe? What if you were in touch with your intuition, knowing at each moment that the next opportunity would present itself, and the next one, and the next one? You would show up and be taken care of and everything would work out exactly as you wanted it to—because you manifested it.

It's possible.

Chances are, you're reading this book because you haven't already manifested everything you want in your life. You may know about manifestation, but do you know all the principles and the right order to put them into practice? Are you wondering if you're doing this manifestation thing right? Perhaps you're already experiencing some successes, but you feel a pull for a bigger dream within you. But over-efforting to manifest something bigger has led to burnout and anxiety.

Forget about hustling or pushing to manifest your desires. That approach is old and stale. You see, most people overcomplicate the manifesting process, but it's actually quite simple once you understand how it works and what steps you need to take to allow your dreams to unfold. Whether you're a novice or an experienced manifestor, *Manifesting Made Easy* will teach you a fresh way to embrace what's in your heart and call it into your life. You see, the more you push to make things happen, the harder it will be. The more you can open up and allow in the things that you desire, the easier it will be to manifest. And I'm going to show you how.

Now, who am I anyway? Well, my friends actually gave me the nickname Queen of Manifestation because I've always been able to dream up outrageous adventures and actually live them out—from living rent-free in Manhattan's East Village for more than 10 years and traveling the world to paying off more than \$38,000 of debt in less than a year. I've become friends with my favorite mentors and artists, from Hollywood directors to spiritual teachers. I manifested the man of my dreams and gave birth to a beautiful girl at home. My work has been featured in the *New York Times*, *Huffington Post*, and *New York* magazine. I help people manifest their deepest desires.

Many of my clients come to me because, while they understand the basics of manifesting, they've lost their momentum. They don't know what to do and they want to get back into alignment.

Some come to me to learn what manifestation is and how to use it. Others come to me to manifest a bigger dream for themselves. They've already accomplished a lot, but have a desire within them to expand. And nothing makes me happier than when I see a client's life transform through our work together. My clients have manifested their first \$60,000 months, TEDx Talks, book deals, new homes, marriages, improved health, and successful businesses that are changing the world—and I can help you do the same.

You see, I believe that simply having a dream in the first place means that it wants to emerge through you and is meant for you. In *Manifesting Made Easy*, I take you on an easy, fun, and effective journey of uncovering those hidden dreams and manifesting them through personal stories and practical exercises. Here you'll learn how to get out of your own way and open up to your full potential. You'll clear limiting beliefs, discover what you really want, and create new habits to support you in experiencing infinite abundance and joy. And really, you're the only one stopping your dream from emerging. It's up to you to open up to what wants to come in. Are you ready for love, wealth, health, and success? How about that big creative project you've always wanted to finish (or start!)?

We're all naturally born manifestors. Anything is possible for you. If you can imagine it, you can create it. Knowing that you create your own life, wouldn't you want to create the best life you could possibly dream up?

This is your moment. This is your turning point. This is your transformation. Congratulations.

How to Use This Book

So now that you know you'll be learning how to manifest your desires throughout the book, let's talk about how you can get the most out of my manifestation knowledge. Here we'll go over what you'll find in each entry, how to use it, and how you can take your manifestation skills to the next level. So let's take a look at how the entry structure will help you manifest your dreams.

What You'll Find

Throughout the book, I've made sure that each entry is organized in a way that will allow you to get the most of your manifestation. In each entry you'll first learn an easy lesson that will teach you about a very important factor of manifestation. These simple lessons show you how to take action and make sure manifestation is front and center in your everyday life as you work to achieve your goals and realize your dreams.

Once you've been given the information on the importance of the lesson, you'll find ways to apply that lesson to your real life in the "How to Apply It" section of each entry. This text will give you tips on how to apply the manifestation principles in your life and help ensure you're taking the steps you need to reach your goals.

And for you serious manifestors, I have included "Advanced Manifesting Tips" with some of the entries. These tips are for readers who want to take their manifestation journey further. Just as in a yoga class, you can choose to apply these advanced practices if you'd like to deepen your practice.

Learn in Order

Each lesson builds upon the last. So follow along, apply the lessons, and you'll be well on your way to manifesting your dream life.

I consciously designed the book so that you can experience progressive growth and change if you read each lesson in order and apply the techniques I provide. This is the exact same process I've led my Manifestation Master students through for the past 5 years that I've been teaching manifestation. First I "Demystify" the manifestation process so you know exactly

how manifestation really works. Then I help you get clear on your “Dream” so that the universe understands what you want to manifest. In “Dare” I teach you the exact process for taking action in a way that’s in alignment with your vision. But once you’ve taken action, limiting beliefs tend to show up to stop you from continuing with the process. That’s exactly why “Discover” comes next. You’ll understand exactly what’s stopped you from manifesting before, and then you’ll “Detach” from those things in order to manifest with more ease. This Part where you detach is crucial to your success. We end the book with “Delight,” where I show you more-advanced practices so that you can delight in your dreams realized.

From my years of teaching manifestation in my online programs and private coaching, I know that if you apply each lesson, you’ll experience positive change. But if you skip around, you may miss an important step in the manifestation process.

Keep an Open Mind and Commit

I invite you to keep an open mind while you read this book. A lot of these lessons appear simple. But it’s in the application of the principles that you truly experience a new reality. You might be one of those people who reads a lot of self-help books, nodding along with recognition, “Yes, Yes, exactly!”

Listen, I’m one of those people too.

But are you actually applying what you’re reading? If you really want to experience results, then I encourage you to commit to learning the lessons and doing the exercises I share in this book. Right now is your opportunity to take an active part in co-creating your life.

And when I say co-create, I mean that we’re truly co-creating with the universe. Part of you is dreaming up what’s possible

for you. And the universe also holds a vision for you. It's sort of like a meeting of the minds. You take one step forward, and the universe meets you halfway. But you must take that first step.

Create a Manifestation Journal

The best way to incorporate all of these lessons and commit to achieving your dreams is to create a manifestation journal. This is a place where you'll record anything related to your dreams. You'll also use this to answer the prompts throughout this book. If you don't have a journal nearby, you can get out a piece of paper and a pen, but I encourage you to create a separate journal that's special to your manifestation journey.

When you write things down, you integrate the teachings even more. In addition, the act of writing helps increase your intuition and the awareness of the support that is already there for you. Your manifestation journal is a place where you'll record your dreams, express your gratitude, notice synchronicities, and answer questions from the "How to Apply It" sections of the book. I'll also be giving you advanced journaling techniques you can use to enhance the flow of manifestation. This is your sacred space to record anything you want. It's for your eyes only. Feel free to choose a journal that makes you feel good and represents the future you that you are manifesting.

Embrace Change

Instead of being afraid of what change may look like, I invite you to embrace it. Go with the flow of life. Once you can find alignment

with the natural laws of the universe, you'll experience such lightness, such pure joy and happiness, you'll wonder why it took so long to realize how you've been stopping yourself before.

There's a reason you were called to buy this book. There are no coincidences in life, only delicious synchronicity.

So let's begin!



Part 1

Demystify: How Does Manifestation Actually Work?

"Your imagination is a preview
of your life's coming attractions."

Albert Einstein, physicist

Have you been disappointed with manifestation before? Aren't sure it works or how it's even possible? Well, I'm here to demystify the manifestation process!

The first thing you need to understand is how manifestation works and why you may have had mixed results in the past. This foundational understanding is crucial for consciously manifesting what you want in your life. The truth is that we're all manifesting whether we realize it or not. You're currently creating your own reality. But if you don't understand the process, then you'll attract all sorts of random things to you that may or may not match your desires. And you won't ever be satisfied with what's showing up for you.

With conscious manifestation, you truly can have, be, and experience all that you desire. You co-create with the universe. Here you'll learn all about the science of manifestation and where it all begins. You'll soon realize that everything is energy and you're connected to the entire universe. There are universal laws that are working on your behalf all the time. Manifestation is a lot simpler than you think. If you can reconnect to the essence of who you truly are, magic unfolds. And it all starts with your imagination and opening up to possibility.

Imagine

“Everything you can imagine is real.”

Pablo Picasso, twentieth-century artist

All of manifestation comes from imagination.

Consider this for a minute: Your dreams chose you for a reason. They want to emerge through you.

What if everything you’ve always thought was only your imagination—mere fantasy—is actually you intuiting what’s to come? What if you were actually meant to have and experience everything you’ve ever dreamed up for yourself? How differently would you act? How would you walk through the world? With confidence, ease, and grace?

I think the reason that I’m such a good manifestor is that I’m an artist. I view my life as my canvas. When I was little, I would carry around a sketchbook all the time. I saw the world in my mind and drew it. First I would get the idea for what I wanted to create, and then I would actually create it. My artwork has since been published in the *New York Times* and reviewed in major publications. I dreamt it all up first.

That’s what I want for you. You see, the secret to manifestation is that your dreams truly want to emerge through you. They’re in your head for a reason. But it’s up to you to decide if you want to follow through with your inspiration. You can! You wouldn’t have that idea if it weren’t possible to actually manifest it. It’s your *choice* to manifest it.

Before this book came into reality, it was just an idea. It did not exist, but the possibility for it existed in my imagination. In fact, I

knew I wanted to write a book but hadn't really owned my desire. Then one day I said it out loud: "There's a book within me." That's it. I shared my dream. I claimed it. And it was literally 2 weeks later that my publisher actually reached out to *me* to write it. People told me, "That never happens!" Oh, but it does. That same possibility for your dreams already lives inside of you. And once you understand how easy manifesting can be, there will be a quickening between idea and reality. It'll be like you're magnetizing your dreams.

Most people don't dream big enough. And that's the first way they limit themselves. If you don't believe you'll be able to do something, you won't. It's that simple. But if you can expand your capacity for what you believe is possible for yourself, then you open up the possibility for even greater success and abundance.

How to Apply It

Close your eyes and begin to allow yourself to imagine that you could be, have, or do anything you want. If you had unlimited resources and you knew that the universe was on your side, what would you be doing with your life? Where would you be living? Who would be in your life? What would be fun for you to create and experience?

In this part of the process, anything goes. Nothing is too outrageous for you. You're simply using your imagination to get an understanding of your desires. What is it that you want right now? It may look different than what you thought you wanted before. That's okay, too. Just allow yourself to imagine your dream life.

Advanced Manifesting Tip

See if you can make your dream life even bigger. Can you amplify your vision in any way? Imagine what it would feel like to be completely supported by the entire universe. Allow your dream to grow.